



## NCC Healthy Places Healthy People Project: Cauliflower Alfredo

This recipe, as part of the Healthy Menu Alternatives Series, is a reduced fat (-82 grams), cholesterol (-300 grams), and calories (-572) version of traditional Alfredo sauce in which cauliflower is used as the base. This meal is also loaded with nutrients and is an excellent source of dietary fiber. – [Chef Frank Bookhardt](#), Culinary Instructor



### Ingredients:

- 1 large head of cauliflower, broken down into florets
- 2 Tbs. of garlic
- 2 Tbs. of butter or olive oil
- 6-7 cups of chicken, vegetable stock, or water
- 1 cup of wine optional
- Juice of one lemon
- Shredded asiago cheese
- ½ cup of milk, almond milk, or cream
- Salt & pepper

### Directions:

1. Sauté garlic in oil or butter over low heat until soft.
2. Add wine and reduce by half
3. Add cauliflower and broth, simmer till cauliflower is soft and cooked through.
4. Either pour cauliflower with some of the stock into a blender, or use an immersion blender. Blend until smooth.
5. Pass through a strainer and return to pot.
6. Stir in milk and cheese. Add season and lemon juice to taste.